

ENSURE SHAKE



**VANILLA, CHOCOLATE,
STRAWBERRY, BANANA**

How to use Ensure Shake

Each sachet of Ensure Shake should be made up with **200ml whole milk**. It is best served cold, but can be made up hot, if preferred, and can be added to other foods.

Directions for use:

1. Pour a little of the milk into a large cup or mug and add a sachet of Ensure Shake
2. Mix into a smooth cream with a whisk or fork
3. Top up with the remaining milk, stirring all the time
4. If you have a beaker with a sealable lid then this can be used as a shaker (take care if mixing with hot liquid)
5. Once it has been mixed with milk, Ensure Shake may be stored for up to 24 hours in a refrigerator.

If 200ml of milk is too much:

If you find it difficult to drink 200ml of Ensure Shake, you could try making it up using just **125ml of whole milk**. Follow the same instructions as above but use 125ml of milk instead of 200ml.

This will contain less nutrition, so you should try the 200ml first if you can

When to use

Ensure Shake should be used as nutritional supplement, as one or two sachets a day, unless otherwise indicated by a doctor or dietitian. It is not suitable as the sole source of nutrition.

Dietitian:

Contact telephone number:

Additional information: